



Yogurt-Marinated Grilled Chicken Skewers



1/2 of recipe: 220 calories, 4.5g total fat (1g sat. fat), 244mg sodium, 2.5g carbs, 0g fiber, 2g sugars, 39.5g protein

Prep: 10 minutes **Cook:** 15 minutes

Marinate: 1 hour



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Ingredients

12 oz. raw boneless skinless lean chicken breast, cut into 1 1/2-inch cubes
1/4 cup plain fat-free yogurt

Seasonings: garlic powder, onion powder, salt, black pepper

Directions

Place chicken in a medium bowl, and season with 1/8 tsp. of each seasoning. Top with yogurt, and stir to coat.

Cover and refrigerate for at least 1 hour.

Thread chicken onto skewers, packing the pieces together tightly.

Spray a grill or grill pan lightly with nonstick spray, and bring it to medium-high heat. Grill until chicken is cooked through, 10 - 12 minutes, carefully flipping about halfway through cook time.

MAKES 2 SERVINGS

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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